

VIII. RECREATIONAL OPPORTUNITIES

SPORTS AND HOBBIES

As with every other aspect of life, visually impaired persons pursue the full range of recreational activities including individual and team sports and card and board games. They also are engaged in hobbies of all kinds including sewing, knitting, crocheting, art and music. Leisure time activities that individuals with visual disabilities choose depend on their interests, abilities and stamina.

Remember that there is an alternative method of doing nearly everything. Visually impaired sports enthusiasts find many ingenious ways to compensate for their lack of vision. For example, blind cross-country skiers ski with a sighted guide who skis beside or behind them and gives them verbal clues about the environment. Blind golfers play with a sighted partner who helps them keep track of their ball. Blind bowlers sometimes use a guide rail to keep their approach straight. Blind cyclists ride on tandem bicycles with a sighted “captain” riding on the front. Blind runners sometimes run touching hands with a partner or just follow verbal directions from a fellow runner.

Here are just some of the activities that many visually impaired persons are known to participate in:

Bicycling
Canoeing
Dancing

Kayaking
Sailing
Skiing

Diving
Golfing
Hang Gliding
Hiking

Surfing
Swimming
Track and Field
Wind Surfing

Braille and Large Print playing cards enable visually impaired persons to enjoy the social pleasures of card games such as bridge, poker, pinochle and canasta. Braille and Large Print board games include Monopoly, Scrabble, Parcheesi, Clue and many others.

To find out about recreational opportunities in your community, contact the California service agency nearest you. For a listing of these agencies, refer to “California Agencies” in the “Directory of Resources” section of this ***Handbook***.

GETTING INVOLVED

Below is a listing of associations that can help you get involved in recreational activities:

AccesaAbilities

P.O. Box 458
Mill Valley, CA 94942
(415) 388-3250
(415) 382-8718 (Fax)

The Bay Area Association of Disabled Sailors

Pier 40, The Embarcadero

San Francisco, CA 94107

(415) 281-0212

Website: www.baads.org

E-mail: baadsgal@hotmail.com

The Bay Area Outreach and Recreation Program

600 Bancroft Way

Berkeley, CA 94710

(510) 849-4663

(510) 849-4616 (Fax)

Website: www.borp.org

E-mail: info@borp.org

Disabled Sports USA Far West

6060 Sunrise Vista Drive, Suite 2540

Citrus Heights, CA 95610

(916) 722-6447

(916) 722-2627 (Fax)

Website: www.dsusafw.org

E-mail: dsusa@disablesports.net

Discovery Blind Sports

P.O. Box 248

Kirkwood, CA 95646

(209) 258-2233

Website: www.discoveryblindsports.org

E-mail: discoveryblindsports@yahoo.com

Environmental Traveling Companions

Fort Mason Center
Landmark Building C
San Francisco, CA 94123
(415) 474-7662
(415) 474-3919 (Fax)
Website: www.ectrips.org
E-mail: info@ectrips.org

Disabled Sports Program Center

Tahoe Adaptive Ski School
Disabled Sports U.S.A. Far West
P.O. Box 9780
Truckee, CA 96162
(530) 581-4161
(530) 581-3127 (Fax)
Website: www.dsusafw.org
E-mail: info@disabledsports.net

Shasta Mountain Guides

P.O. Box 1543
Mt. Shasta, CA 96067
(530) 926-3117
(530) 926-1374 (Fax)
Website: www.shastaguides.com
E-mail: info@shastaguides.com

Sierra Regional Ski for Light

10435 Royal Crest
Truckee, CA 96161
(415) 928-2711

Website: www.srsfl.org

E-mail: vickipost@earthlink.net

The United States Association of Blind Athletes

33 North Institute Street
Colorado Springs, CO 80903

(719) 630-0422

(719) 630.0616 (Fax)

Website: www.usaba.org

United States Blind Golf Association

18 Barnwood Circle
Greenville, SC 29607

Website: www.blindgolf.com

TELEVISION AND MOVIES

Although visually impaired persons have always enjoyed movies and television, the arrival of descriptive programming has made this pastime much more satisfying.

DESCRIPTIVE VIDEO SERVICE

Descriptive Video Service (DVS) is a national service of the Media Access Group at WGBH in Boston. WGBH are the call letters for this transmitting station. DVS conveys the key visual aspects of a film or television program by describing scenery, facial expressions, and costumes during natural pauses in

dialogue to help low-vision viewers to better understand the story.

To receive DVS on television programs, you must have a television set equipped with a Separate Audio Program (SAP) channel sometimes called Audio B. The SAP channel is standard on most TVs and VCRs. When you tune to your SAP channel, you will hear the regular soundtrack of the show and the descriptions. Descriptions of movies are placed on the main soundtrack of the videotape so no special equipment is required beyond a standard Videocassette Recorder.

DVS descriptions are currently available on:

- 169 PBS stations nationwide (reaching more than 80 percent of the nation's households)
- Turner Classic Movies cable network
- selected series on the CBS, Fox, and Nickelodeon networks
- feature films
- large-format and IMAX films
- more than 200 major home video releases available for purchase through the DVS Home Video® Catalogue or on loan at 1,300 public libraries nationwide

DVS is not only available through television, but is accessible in movie theaters and on DVDs also. See the links listed below for additional information.

DVS on Television

main.wgbh.org/wgbh/pages/mag/services/description/ontv

DVS in Movie Theaters

ncam.wgbh.org/mopix

DVS on DVD

main.wgbh.org/wgbh/pages/mag/resources/accessable-dvds.html

Contact information for the **Media Access Group at WGBH** is:

Boston

125 Western Avenue

Boston, MA 02134

(617) 300-3600 (Voice/TTY)

(617) 300-1020 (Fax)

Website: main.wgbh.org/wgbh/access/access.html

E-mail: access@wgbh.org

Los Angeles

300 E. Magnolia Boulevard, 2nd Floor

Burbank, CA 91502

(818) 562-3344 (Voice)

(818) 562-1919 (TTY)

(818) 562-3388 (Fax)

E-mail: access@wgbh.org

CALIFORNIA CHAPTER OF LIBRARY USERS OF AMERICA

Movies can also be borrowed from the California Chapter of Library Users of America by contacting Peter Pardini at the contact information listed below.

267 Cardinal Road
Mill Valley, CA 94941
(415) 381-9211